Recreational Safety

Name

Just the Facts

- Sports and recreational accidents rank second only to motor vehicle accidents as a major cause of accidental injury.
- Sports and recreational activities cost the Army millions of dollars each year through the loss of man years of work.
- Soldiers die each and every year from recreational activities.
  - (Source is DA Pam 385-5)

Just the Facts

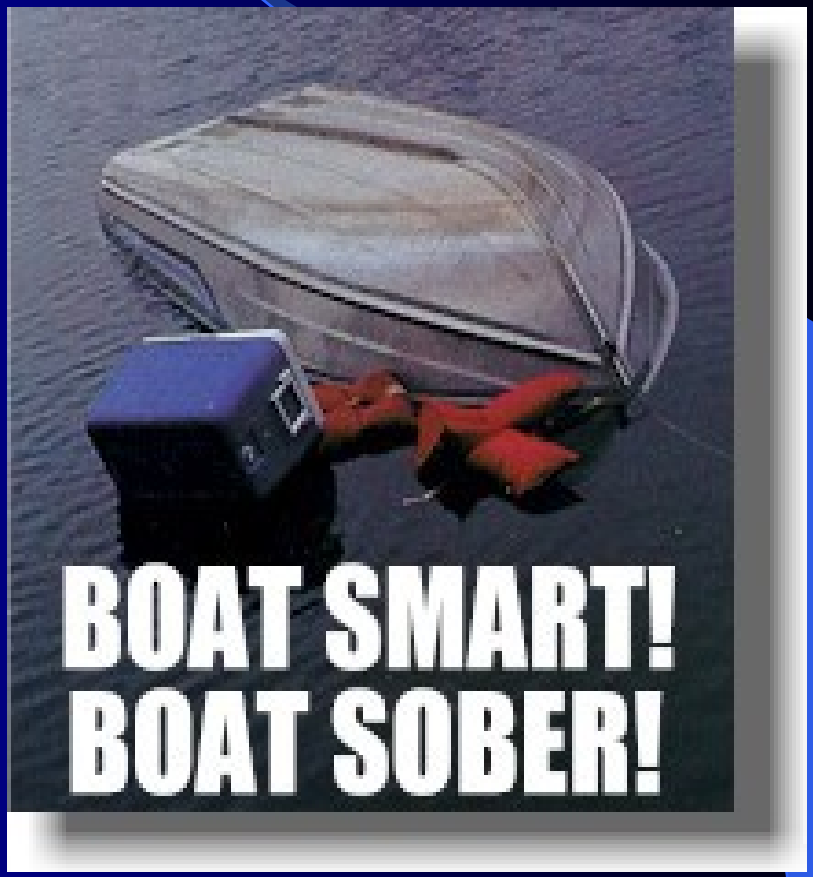
- About 12% of all Army deaths are attributed to recreational activities
- About 7.4% of reported accidents involving recreational activities result in fatalities.
- Among unsupervised individual sports, swimming, boating, skin-diving, sports parachuting, and hunting have the highest fatal injury potential

However.....

- All of the following activities have resulted in Army fatalities:
- Confidence Course
- Boxing
- Swimming
- Boating
- Hunting
- Skin Diving
- Swimming
- Parachuting
- Horseback Riding
- Water Skiing
- PT

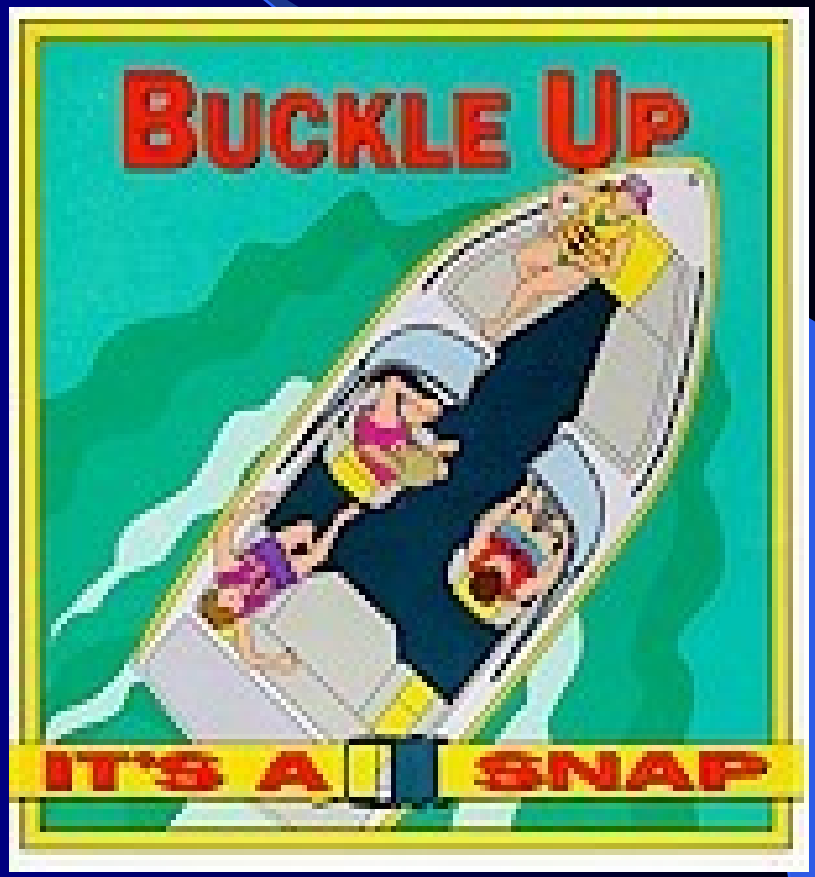
Boating Safety

- Be aware of changing weather
- Bring extra gear
- Tell someone where you are going and when you expect to return
- Stay dry and warm



Boating Safety

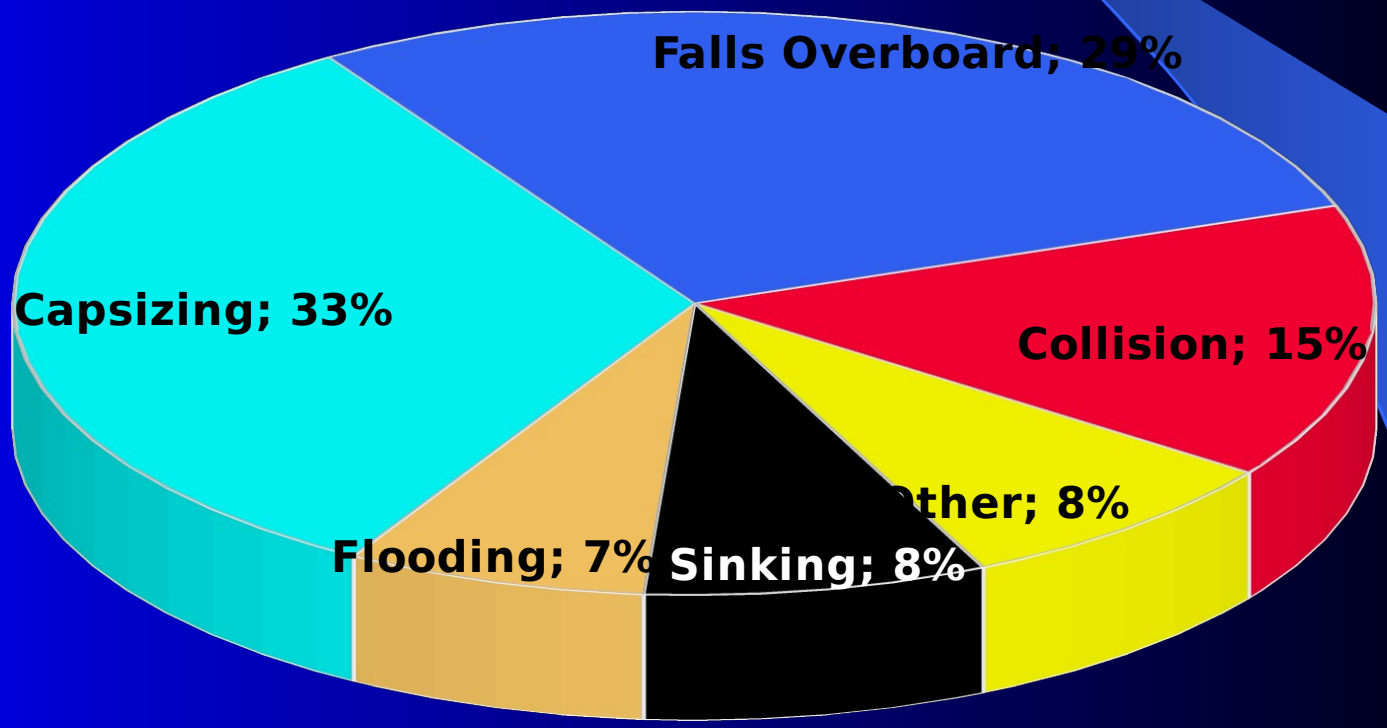
- When changing seats, stay low and near the centerline of the boat
- Take a boating safety course
- Have PFD readily available
- Boating and Alcohol don’t mix



Boating Fatalities

- In 2001 85% of the fatalities occurred on victims who were not wearing PFDs
- On average there are 769 boating fatalities per year
- Capsizing can easily result in hypothermia

Boating Accidents



Hypothermia Facts

If the Water Temp. (F) is	Exhaustion or Unconsciousness	Expected Time of Survival
32.5 Under	15 Minutes Under	15-45 Minutes
32.5-40.0	15-30 Minutes	30-90 Minutes
40-50	30-60 Minutes	1-3 Hours
50-60	1-2 Hours	1-6 Hours
60-70	2-7 Hours	2-40 Hours
70-80	3-12 Hours	3- Indefinitely
80+	Indefinitely	

What to Do If You Fall in

- Do not undress and clothing will trap heat and prevent heat loss
- Avoid moving as much as possible
- If a life jacket is available, put it on, it will save heat and keep you afloat
- Draw knees up close to the body
- Wrap arms around chest
- If other persons are close by huddle together to save heat until help arrives

First Aid for Hypothermia

- Get the victim out of the wet clothes
- Warm the victim gradually by wrapping him or her in blankets
- Transport the victim to a warm environment
- Give warm liquids that do not contain caffeine or alcohol

- Do not warm the victim too quickly; this can cause dangerous heart rhythms
- Treat for shock and move to a medical facility

Swimming Safety Facts

- Drowning is the 2nd leading cause of injury-related death for children aged 1-14 years, accounting for 940 deaths in 1998.
- Drowning is the 3rd major cause of unintentional death in the US, and the 2nd major cause of death for people aged 5-44
- Drowning rates were at least 3 times greater for males than for females. In 1998, males comprised 81% of people

Swimming Safety Facts

Children who drown in residential pools had been:

- Last seen inside their home;
- Gone for less than 5 minutes; and
- In the care of either or both parents at the time.

Young children (as well as adults) don't splash, struggle or make noise when in danger in water, and often quickly drown in silence

Swimming Safety Facts

How young children drown depends on their age.
Children younger than 1 year often drown in:

- Toilets
- Buckets
- 5-gallon industrial containers or
- Bathtubs

Tips for Safe Swimming

- Learn to swim
- Use life jackets
- Supervise children closely
- Avoid unsupervised areas
- Don’t dive into the unknown
- Avoid alcohol

Safety in the Backyard

- Install a barrier
- Prepare for an emergency
- Watch for changing weather
- Supervise children closely

Safety at the Beach

- Be in shape for what you plan to do
- Don’t swim alone
- Stay within designated areas
- Don’t fight the current
- Watch for electrical storms

Wild Life Safety